



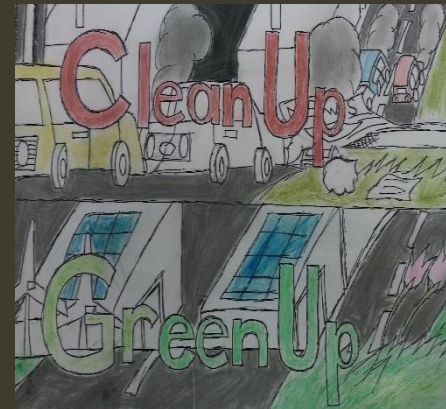
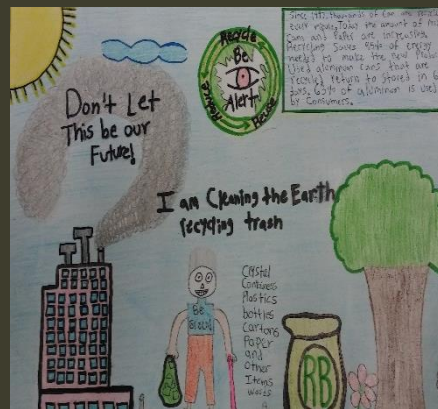
MAY 25, 2016

Action Summary



neat  
streets  
MIAMI

# 2016 "Clean Up & Green Up" Student Poster & Video Contest Winners



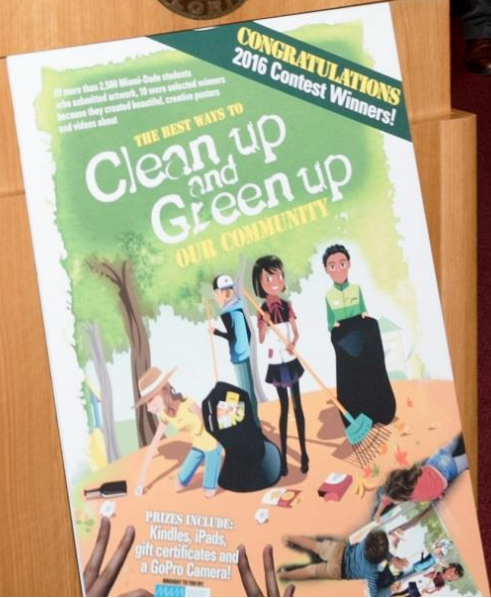












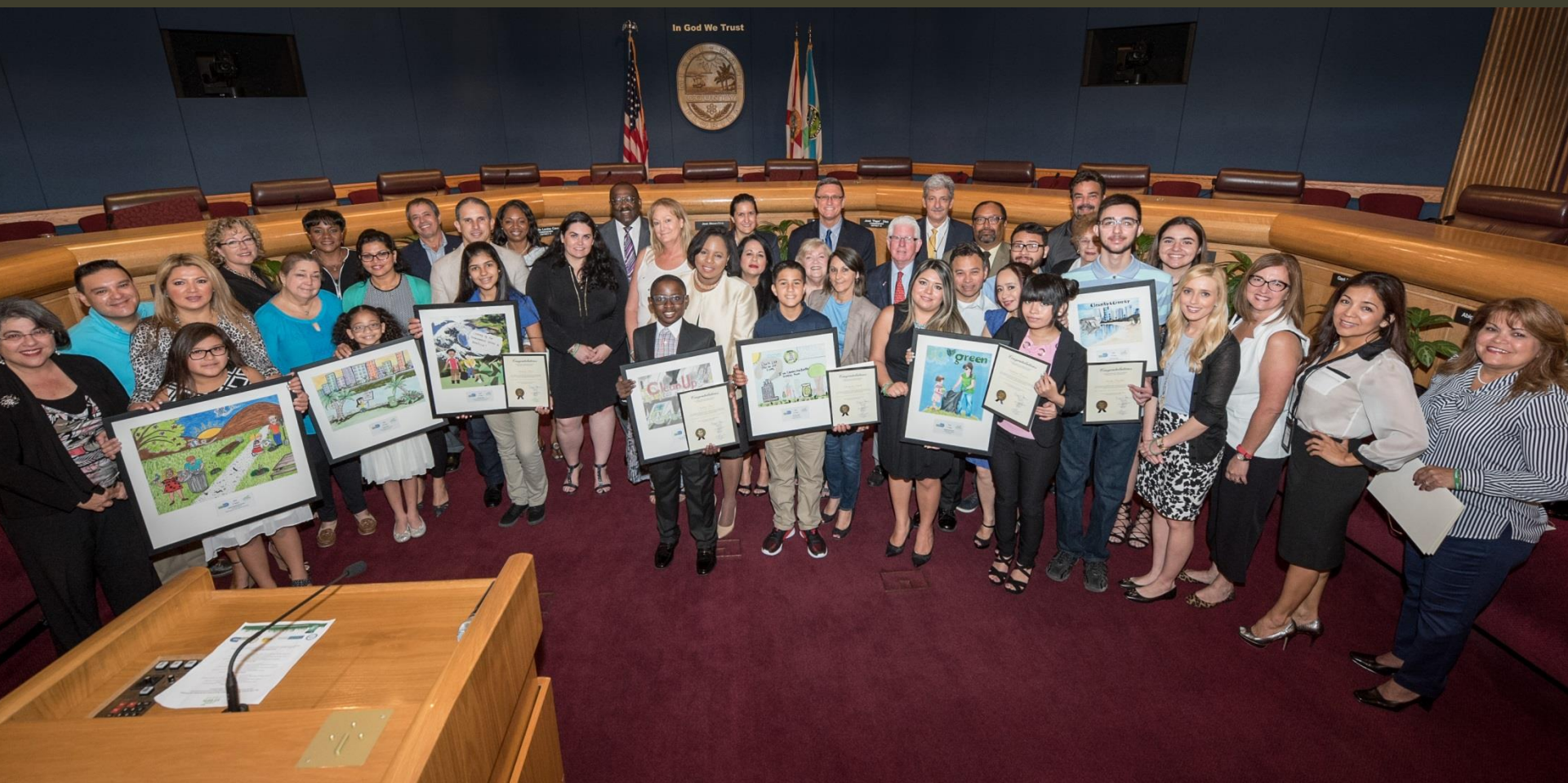


















# Winning Video

- <https://youtu.be/6P49PAai1yg>































BETTER SOUTH FLORIDA





# MIAMI GARDENS SIGNS

THE MIAMI GARDENS

EXPRESS PRESENTS



## DID YOU KNOW?



No single formula fits everyone; however, you should drink at least 8 glasses of water daily

- A 20-minute walk or 2,000 steps = **1 MILE**.
- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- On average, every minute of walking can extend your life by 1.5 to 2 minutes.
- Brisk walking helps **REDUCE BODY FAT** and **LOWER BLOOD PRESSURE**.



- 3 hours of cycling per week **reduces** the risk of heart disease and stroke by 50%.
- Biking increases stamina and gives you a boost of energy.
- You should always wear a bicycle **HELMET** no matter how short the ride is.
- Biking **increases your metabolism**, even after the ride is over.



- Using public transportation **SAVES** you money.
- Individuals who use public transportation get over three times the amount of physical activity per day of those who don't.
- Public transportation provides equal access...access to jobs, local stores, and to family and friends!

**Make better choices  
for a healthier life!**



MIAMI GARDENS EXPRESS  
[miamigardens-fl.gov/publicworks](http://miamigardens-fl.gov/publicworks)



[livehealthymiamigardens.com](http://livehealthymiamigardens.com)



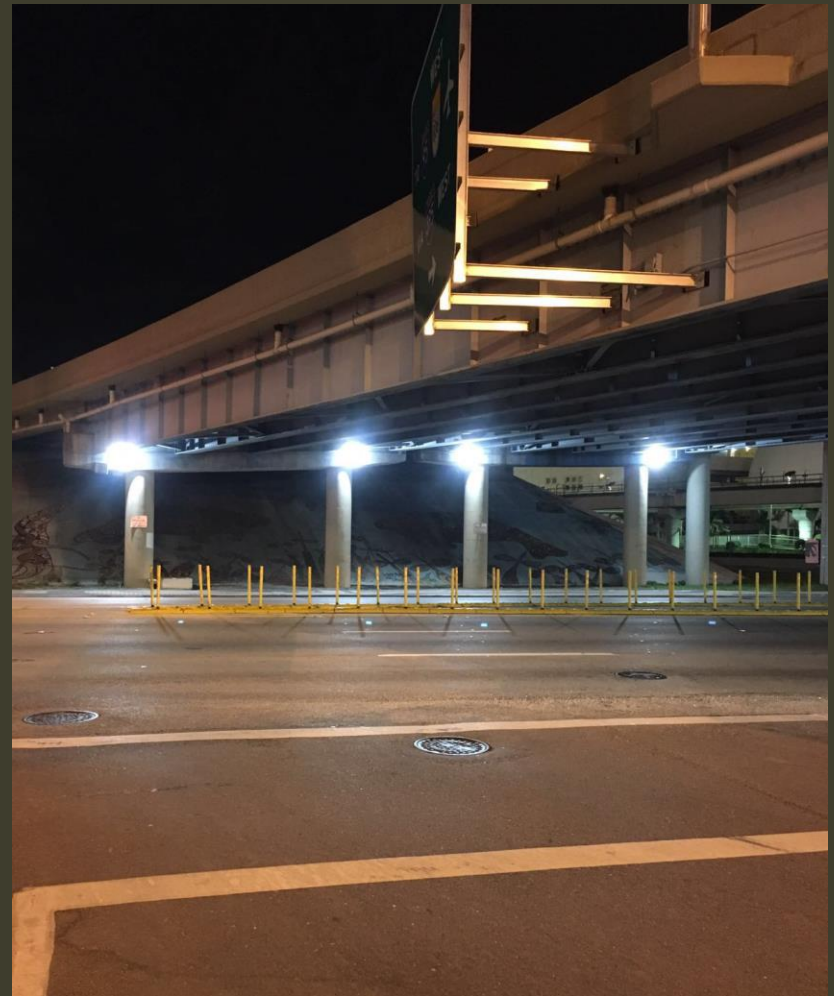


# The Miami Line





I-395







THANK YOU!